



*"We handed out pamphlets, conducted lifestyle education and offered HIV testing". World AIDS Day, Kleinmond.*

### **Mthimkhulu commemorates World AIDS Day**

By Lindia Trout

World AIDS DAY on 1 December provides an opportunity for us to unite in our fight against HIV. It is also a chance for us to show support for those living with HIV and raise more awareness in our communities.

Mthimkhulu commemorated World AIDS Day by hosting an outreach event in partnership with the local Clinic, at the Spar Centre in Kleinmond. This is part of our outreach strategy to continue to increase the uptake of HIV testing and counseling, behaviour change and awareness raising around prevention and treatment of HIV.

Our presence was welcomed by the community. Because of the level of trust Mthimkhulu has built in the community over the years, people felt comfortable to come over and interact with us. We handed out pamphlets, conducted lifestyle education and offered HIV testing. In addition, we also incorporated chronic testing and screening for Hypertension and Diabetes Mellitus. The day was a huge success. We thank the Clinic services and the Community Home Base care workers – without whom this day would not have been possible.

### **Success stories and testimonials from Tanzania**

By Magreth Mahenge

A total of 50 leaders, community workers and project coordinators from Dodoma, Musoma, Njombe, coast

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and Dar es Salaam were empowered through training for transformation courses. Some of these leaders came from a variety of organizations including UWAWADA, and the Tanzania League of the Blind (organizations for people with disability). These participants were able to go back to their communities and create awareness on gender justice, development and personal growth. As a result, men understood the concept of working along with women for the sake of development, started doing reproductive work and allowing and accepting women's ideas in order to improve relations. Moreover, in three months, 1821 members from 16 communities in rural areas of Njombe region have been trained on behavior change.

Furthermore, one of the TFT participants went back and created awareness on importance of disability to participate in constitutional review. She managed to mobilize other members of Tanzania League of the Blind to come together and mobilized a total of 7,5 million for the awareness sessions. In addition, another TFT participant went to Musoma and worked with teachers, parents and 800 students in 5 secondary schools of Bunda District on moral behavior. The purpose was ensuring moral behavior of the students; how it can help students to do better in their studies and improve the schools performance.

As a results teachers agreed to have moral behavior as a subject once a week for students.

In collaboration with ILO-YEF we managed to conduct

transformation training sessions whose aim is to assist youth to grow, change their attitudes and be ready to engineer self-employment among other graduates. As a result, 350 young men and women were trained of training for transformation and gender. The trained youth went back to their districts and organize sessions to other young people. In turn, more than 30,000 men and women were reached on gender justice and transformation training. Young men and women have established 3,600 new businesses and created 7,600 new jobs.

Below are some of testimonies:

*"I am Abubakar Ngatomela (Development officer) from a family of 7 children, 6 boys and 1 girl. During my childhood, I felt loved by my parents because I never did any work at home more than taking shower, washing my clothes and studying and eating; on the other hand, our young sister did all the works at home. This style of life was the same for all the 6 boys and we have been very happy. I have heard about gender, I have read several books on gender, attended a lot of workshops but they never helped me change my life style or my way of seeing things. I real felt bad to discover that 6 boys in the family never worked and we made our only one sister and our mom overwork to feed us. Up to date, our sister is very poor because she never got time to attend the school simply because she is a girl. I can't leave this condition like this. From now on, when get home I will learn how to cook, clean the environment and wash utensils so that when my wife is sick I make life go on. I don't know any of these by now because I have never done. I will also teach my nephews to start doing some works at home and I am going to educate my brothers to help their children share the works and not up bring them as we were brought up. As development officer, I will educate the community on gender equality in order to bring change"* (Gender concept training, 2011).

*"I feel that I have been transformed in the area of thinking critically. Before this transformation training I used to think in a narrow way, I was not critical, I never even knew how one can be a critical person. I had no ability to connect different issues in order to set up a meaningful action. The training on transformation has enabled me to think critically and reflect on the impact of my actions as a young person"* (Gloria Kaloto, Personal development workshop, 2011, Coastal Region).

*"To be honest, I have learnt something very crucial that is 'change begins with me'. The training has transformed me a lot in terms of behavior, thinking capacity, self-determination and I see the world. Now see it differently. I am going to refrain all things which I perceived right but after the training I proved to be wrong. "For instance, I believed that 'the way*



*things are, that is how they are supposed to be'. Today I have discovered that, with good leadership, the world can completely change to a better life"* (Juhudi Idd, Transformation workshop, 2011, Zanzibar).

*"Today I am healed. In fact, I did not know how I could express my feelings. I am happy that I have got a place to express them. Thus, healing has taken place. I am real impressed by the methodology used in the workshop"* (Tabu Likoko, Director of Women and Development (WAMA), Conflict resolution workshop, Morogoro, 2012).

### Even our flowers are in the Christmas spirit

Picture by William Scrooby



*"Even our flowers at The Grail Centre are in the Christmas spirit with their little hats!"*

### ABOUT US

The Grail Centre Trust is based in Kleinmond, Western Cape. This Not-for-Profit Organisation delivers two programmes, namely Training for Transformation and Mthimkhulu Community Development Programme. In addition, the Grail Centre Conference and Retreat Centre can accommodate groups of up to 50 people.

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